Cuisinart®

INSTRUCTION AND RECIPE BOOKLET

Slow Cooker

PSC-400C

For your safety and continued enjoyment of this product,
always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock and/or injury to persons, including the following:

1. READ ALL INSTRUCTIONS.

2. Do not touch hot surfaces; use handles or knobs.
3. To protect against risk of electrical shock, do not immerse the slow cooker housing in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. **DO NOT** reach into the liquid.
4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Please contact the Cuisinart Customer Service Centre for any product defects, examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors or anywhere the cord or unit housing might come into contact with water while in use.
9. Do not use the slow cooker for anything other than its intended use.
10. To avoid the possibility of the slow cooker being accidentally pulled off work area, which could result in damage to the slow cooker or personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
12. Extreme caution must be used when moving a slow cooker containing hot oil or other hot liquids.
13. Do not place on or near a hot gas or electric burner, or in a heated oven.
14. Do not operate slow cooker in water or under running water.
15. Avoid sudden temperature changes, such as adding refrigerated foods to a heated pot.
16. **CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE CERAMIC POT PROVIDED OR PLACED COOKING RACK INSIDE THE CERAMIC POT. DO NOT USE METAL CONTAINERS.**
17. **CAUTION:** A heated ceramic pot may damage countertops or tables. When removing the hot ceramic pot from the slow cooker, DO NOT place it directly on any unprotected surface. Always set the hot pot on a trivet or a rack.
18. To disconnect, press the On/Off button, and then remove the plug from the wall outlet.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or table top where it can be pulled on by children or tripped over.

NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

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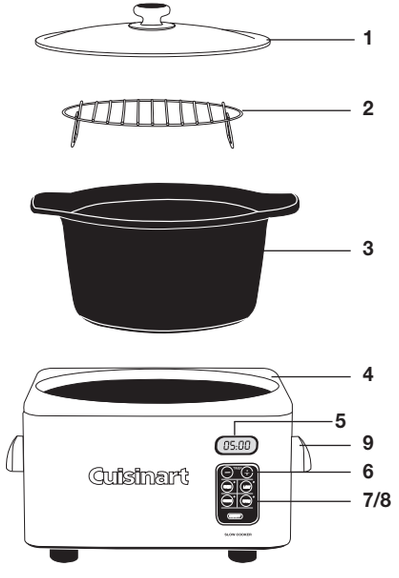
INTRODUCTION

Get ready to slow down and enjoy easy meals! Your Cuisinart® Slow Cooker is designed to cook favourite one-pot recipes and keep them warm, ready and waiting for you when you come home. Slow cooking is a traditional method that tenderizes meats and melds flavours to produce delicious family dinners and easy, relaxing suppers with friends. You can even prepare desserts in your Slow Cooker. Easy to operate, easy to serve, and easy to clean...enjoy!

FEATURES AND BENEFITS

1. **Glass Lid w/ Stainless Steel Rim and Chrome- Plated Handle:**
   See-through glass lid keeps ingredients moist. Stainless steel complements any kitchen. (Not oven-safe.)
2. **Cooking Rack:**
   Allows you to use a 1-quart (0.9 L) soufflé pan in your Slow Cooker.
3. **Ceramic Pot:** 4-quart (3.8 L) round ceramic pot accommodates larger cuts of meat. Stick-resistant and dishwasher-safe for easy cleaning.
4. **Stainless Steel Housing:**
   Stainless steel construction allows for easy cleanup while wraparound heating elements ensure even cooking.
5. **Cooking Time Dislay:**
   Large display in blue background shows remaining cook time. Countdown time up to 24:00 hours.
6. **Timer Control:**
   24-hour timer allows you to set the cook time. After the time expires, the unit automatically switches to the Warm setting.
7. **Low, High and Simmer Indicator Lights:**
   Indicate the unit is cooking on Low, High or Simmer setting.
8. **“Warm” Indicator Light:**
   Indicates that the unit has automatically switched to the warm setting if the time has expired, or the unit has been manually switched to warm.
9. **Chrome-Plated Handles:**
   Cool-touch insulated handles.
10. **Retractable Cord Storage (not shown):**
    Convenient retractable cord storage.



ASSEMBLY INSTRUCTIONS

To use your Cuisinart® Slow Cooker:

1. Carefully unpack the Slow Cooker.
2. Rinse the ceramic pot and glass lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe all interior and exterior surfaces of the Slow Cooker base with a soft, damp cloth.
4. Place ceramic pot and rack (if using) in the base of the unit.
5. Place the lid on top of the ceramic pot.
6. Plug in power cord. Your slow cooker is now ready for use.

OPERATION

Your Cuisinart® Slow Cooker cooks your food automatically when you set the time and the desired cooking mode. When time expires, the unit automatically switches to the Warm setting and the Warm indicator light illuminates. When cooking time and mode are set,the unit will perform those functions until the cooking time expires or the unit is manually turned off.

Cooking WITH the Timer

1. Place the unit on a clean, dry counter.
2. Remove glass lid.
3. Fill ceramic pot with ingredients.
4. Replace lid.
5. Plug in unit. There will be no power to the Slow Cooker until it is turned on.
6. To turn unit on, press On/Off button. The Slow Cooker will beep once, and the On/Off red indicator light and colon (:) on the LCD display will flash.
7. Set desired cooking time by pushing the + or - button. The timer ranges from 00:00 to 24:00 hours in 30-minute increments.

   NOTE: If there is no timer input, the On/Off and the colon on the reading display will continue to flash.

- Press the + button to increase time in 30-minute increments or press the - button to decrease time in 30-minute increments.
- Press and hold + or - to scroll automatically in 30-minute steps.
- Press + and - simultaneously to reset to 00:00. Repeat the above two steps to reset time.
- After setting time, timer display and On/Off indicator will still flash. Please proceed to setting the cooking mode.

8. **Setting Cooking Modes.**
   Set the desired cooking modes by pressing High, Low or Simmer setting. Refer to Cooking Table Guidelines on page 5.

   When the desired cooking mode is selected, the unit will beep once, the blue indicator next to Low, High or Simmer will illuminate to denote the selected cooking mode, and any flashing light will become solid.

   NOTE: The cooking mode can be overridden by pressing any other mode buttons.

   Once cooking time has expired, the unit will automatically switch to the Warm setting. The blue indicator light next to the Warm setting will light and remain on Warm for 8 hours maximum (this time can be adjusted at any time). When the Warm time expires, the unit will beep for 5 seconds and then turn off automatically.
9. To turn the unit off manually, press the On/Off button.
10. Lift ceramic pot carefully, using potholders.

NOTE: It is recommended that when cooking anything containing meat in a Slow Cooker, the meat should reach 140°F (60°C) within 2 hours. This ensures that the meat will reach food-safe temperatures in the proper amount of time.

Cooking WITHOUT the Timer

If no timer is set in conjunction with any cooking setting, the selected cooking setting of High, Low or Simmer will default to 24-hour cooking time.

1. Place the unit on a clean, dry counter.
2. Remove glass lid.
3. Fill ceramic pot with ingredients.
4. Place lid back on top of the ceramic pot.
5. Plug in unit. There will be no power to the Slow Cooker until it is turned on.
6. To turn unit on, press On/Off button. The slow cooker will beep once, and the On/Off indicator red light and colon (:) on the LCD display will flash.
7. Set the desired cooking modes by pressing High, Low or Simmer setting. Refer to the cooking table guidelines on page 5.

   If you choose to use the timer, please refer to the Cooking With the Timer section and follow Line 7.
8. When the desired cooking mode is selected, the unit will beep once, the blue indicator next to Low, High or Simmer will illuminate to denote the selected cooking mode, On will be displayed on LCD and any flashing light will become solid.

   NOTE: The cooking mode can be overridden by pressing any other mode buttons.
9. Once 24-hour default cooking time has expired, the unit will beep for 5 seconds then turn off automatically.
10. To turn the unit off manually, press the On/Off button.
11. Lift ceramic pot carefully, using potholders.

CLEANING AND MAINTENANCE

Unplug your Cuisinart® Slow Cooker and allow it to cool before cleaning.

Place ceramic pot and lid in the dishwasher or wash with warm, soapy water. If food sticks to the surface, fill ceramic pot with warm, soapy water and allow to soak before cleaning.

If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.

Cooking Guidelines
Three cooking modes, Simmer, Low and High, give you the opportunity to prepare a wider variety of dishes. You can adapt many recipes to slow down the cooking time, or speed it up, to coordinate meals to your schedule.

You will usually want to use the Simmer or Low setting for recipes that cook longer. If you're starting a dish later in the day, select the High setting to ensure that your food is cooked, warm, and ready when you'd like to eat.

Setting	Guidelines	Recipes	Program Temp.	Timer
High	This is the setting to use when you don't have time for a long, slow cook. It's also the setting to select when "baking" in your slow cooker.	Potatoes, casseroles, puddings, rolls	212˚F (100˚C)–165˚F (74˚C)	Programmable up to 24 hours, then 8 hours (Warm)
Low	Low is the standard slow cooker temperature, and is ideal for foods that you start in the morning before work, and enjoy at the end of your day.	Braises, roasts, stews, ribs, casseroles, shanks, chops, less tender cuts of meat soups	200˚F (93˚C)–165˚F (74˚C)	Programmable up to 24 hours, then 8 hours (Warm)
Simmer	The longer the cooking time, the more flavours blend together and intensify.	Soups, stews, stocks	185˚F (85˚C)–165˚F (74˚C)	Programmable up to 24 hours, then 8 hours (Warm)
Warm	Do not use this setting to cook food or as a cooking function. This setting intended only to use with preheated foods.	----	165˚F (74˚C)	If cook mode is timed, Warm defaults to 8 hours maximum and is programmable up to 24hrs. If no timer is set, the unit will turn off at the end of cooking cycle.

Slow Cooker Cookbook

traditional to gourmet recipes

model PSC-400C

Cuisinart®

Introduction

Get ready to slow down and enjoy meals!

Your Cuisinart® Slow Cooker is designed to have

your favourite one-pot recipes ready and waiting for you.

Slow cooking is a traditional method that tenderizes meats

and melds flavours to produce delicious family dinners

and easy, relaxing suppers with friends.

You can even prepare desserts in your Slow Cooker.

Easy to operate, easy to serve from,

and easy to clean...

enjoy!

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Tips & Hints

- Before food is added, the ceramic pot may be lightly coated with cooking spray so cooked foods release more easily.

- Root vegetables such as carrots and potatoes will take longer to cook. Either cut the pieces smaller or place on bottom of Slow Cooker. Baby carrots, for example, may take longer than other vegetables.

- Ground meats and uncooked sausages should always be browned and drained before adding to Slow Cooker. Smoked sausage such as kielbasa does not need to be browned (though it may add flavour and visual appeal). If browning the night before, make certain the meat is cooked completely through and properly refrigerated. Combine with other ingredients just before slow cooking.

- Browning meats (roasts, chops, cubes for stews) and poultry adds flavour and eye appeal to the finished dishes. It also helps cook out some of the fat.

- In general, cooking for 1 hour on High is the equivalent of cooking for 2 hours on Low.

- If you are not ready to serve food immediately, switch to the Warm mode to hold foods until ready to serve.

- Tender vegetables, or those that you wish to be crisp-tender, should be added during the last 30 minutes of cooking time to prevent overcooking.

- Each time you remove the lid, you will lose heat and will need to add 15 to 20 minutes to your cooking time. If you do need to stir (or peek), lift the lid just slightly so that you can get the spoon or spatula in.

- A fat mop can be used to remove separated fat from slow cooked food by brushing it over the top. Alternatively, the food may be refrigerated, and the congealed fat can then be lifted off and discarded before reheating and serving.

- Many slow-cooked foods such as stews benefit from cooling and refrigerating, then reheating – as the saying goes, stew or chili is always better the second day.

- If using frozen foods, thaw completely before adding to Slow Cooker.

- To cut the fat from recipes, remove as much of the visible fat as possible from meats and poultry. Cook and drain all ground meats. Remove skin from poultry.

- Dried beans should be soaked overnight, then rinsed, drained and rinsed again before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening completely. Dried beans can be cooked ahead, drained and frozen. Thaw before adding to your favourite recipes.

- The Slow Cooker is perfect for foods that require long, slow simmering, such as soups, stocks, stews, and dried beans.

- The Slow Cooker is the perfect way to cook items that require a “bain marie,” or water bath. We recommend starting out with hot water and cooking on High for most of these recipes.

- Cooking ground meats in the Slow Cooker without browning them first is not recommended, as ground meat has a high incidence of bacterial contamination. Ground meats used in the Slow Cooker should be browned first. We strongly advise against cooking a meatloaf in the Slow Cooker. (The Country Paté in our recipe book is an exception. The meat is ground fresh in the Cuisinart® Food Processor and is cooked in a simmering water bath on the High Setting. When we tested with a probe thermometer, the Paté had reached safe food cooking temperature well within suggested U.S.D.A. recommendations.)

- Most of the recipes in this book are cooked on Low using the timer function, to allow you maximum freedom to go on to do other tasks. Most meats are better when cooked on Low (slower) than on High, and the recipes are written as such. If you prefer to slow cook on High, cut the cooking time in half.

To adapt your own recipes to the Slow Cooker:

- For most recipes, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and you often will end up with more liquid than when you began.

- In most cases, all ingredients can go in the Slow Cooker at once and can cook all day on Low setting. While it is not necessary to brown or sauté vegetables (onions, carrots, celery, peppers, etc.), it may add to the flavour. Browning meats adds to their taste and visual appeal, and helps to remove fat.

- Certain cuts of meat are more appropriate for Slow Cooker cooking: brisket, tip roast, chuck or rump roast, beef bottom round, pork shoulder or Boston butt, lamb shoulder, venison, chicken legs and thighs. Particularly lean cuts such as boneless, skinless chicken breast or "new generation" pork loin or tenderloin may seem dry when prepared in a Slow Cooker. See list of meats that are best in Slow Cooker (page 13).

- Dairy products (milk, sour cream, some cheeses) will break down and curdle during slow cooking. Substitute canned evaporated milk or nonfat dry milk, or add dairy products during the last 30 minutes of cooking.

- When making soups, add solid ingredients to Slow Cooker and then liquid to cover. If a thinner soup is desired, add more liquid to taste.

- If your recipe calls for precooked pasta – UNDERCOOK it.

- Add cooked rice to recipes during last hour of cooking.

Important Guidelines

- The Slow Cooker should always be at least half full for best cooking results; however, the Slow Cooker should never be more than three-quarters full (about 1½ inches [3.8 cm] from the top rim).

- Because the Slow Cooker heats and cooks at low temperatures, food should be at room temperature before it goes into the cooker. If the food is refrigerator temperature, then heat it on the high setting for about 2 hours to heat the contents to 140°F (60°C) before changing to the low setting.

- If foods are to be cooked the next day in the ceramic pot, do not store in the refrigerator overnight.

- Any leftover food should be removed from the ceramic pot and stored in plastic containers up to 2 days, or frozen for future use.

- NEVER use the Slow Cooker to reheat food, as potentially harmful bacteria could develop during the slow cooking process. Remove food from the ceramic pot and reheat in a heat-safe container on a stovetop, or in an oven or microwave. Return food to the ceramic pot and keep warm in an oven, covering with foil, if desired. DO NOT use the glass lid in an oven. DO NOT place the ceramic pot on a stovetop or in a microwave.

- Do not add frozen food such as meat or vegetables to Slow Cooker dishes. Heat to room temperature before adding.

- For food safety reasons, whole chickens should not be cooked in a Slow Cooker. They may not reach safe temperature in the proper amount of time.

- When cooking meat, the USDA recommends setting the unit to High for one hour and then reducing the heat to Low.

- Avoid sudden temperature changes. Really cold food or water can crack a hot ceramic pot.

- Do not place the ceramic pot directly on a table or countertop.

- Never heat the ceramic pot when it is empty.

- Do not touch sides of Slow Cooker ceramic pot or Slow Cooker base while food is cooking.

- Always use potholders or oven mitts when removing the lid or ceramic pot from the base after cooking.

Suggested Foods

Meats

Beef/Veal: Choose cuts that are full of flavour and benefit from braising.

› Arm pot roast

› Beef brisket or corned beef brisket

› Beef short ribs

› Bottom round roast

› Chuck or rump roast

› Chuck shoulder steak

› Veal shanks

Pork: Less tender cuts work best – the lean "new generation pork" may become dry when cooked in Slow Cooker.

› Boston butt roast

› Pork shoulder pieces

› Sausages

› Country-style pork ribs (bone-in)

› Pork shoulder or blade roast

Lamb: Choose flavourful cuts that benefit from braising to tenderize.

› Lamb shoulder

› Lamb stew meat

› Lamb shanks

Poultry: Best choice: dark meat – bone-in and skinless. Breast meat can become dry in texture if cooked too long.

› Chicken or turkey legs and thighs (remove skin to reduce fat)

Game: Game generally tends to be less tender so it is perfect for the Slow Cooker.

› Venison roasts or stew meat

› Pheasant, duck thighs and legs

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Spinach, Gruyère & Artichoke Dip

Makes about 1 quart (1.1 L)

	olive oil or cooking spray
8	ounces (227 g) frozen spinach (one bag), thawed
1	can (15 ounces [425 g]) quartered artichoke hearts, drained
2	ounces (60 g) Gruyère, shredded
1	ounce (30 g) Parmesan, grated
12	ounces (340 g) reduced-fat cream cheese, cut into 1-inch (2.5 cm) pieces
2	tablespoons (30 ml) evaporated fat free milk, not reconstituted
1	clove garlic, peeled and finely chopped
1	ounce (30 g) shallot, peeled and finely chopped
½	teaspoon (2 ml) Tabasco® sauce or other hot sauce (use more or less to taste)

Brush a 1-quart (0.9 L) soufflé dish lightly with olive oil or coat with cooking spray. Cut a piece of aluminum foil about 24 inches (61 cm) long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches (61 cm) in length and 2 inches (5 cm) wide to make a "cradle"; reserve.

Place the spinach in a clean, dark kitchen towel and squeeze until all liquid is removed; reserve. Place the artichoke quarters in a towel and squeeze gently to remove excess liquid (do not squeeze too hard); reserve.

Place the cream cheese and evaporated milk in a large bowl. Using a hand-held mixer on medium speed, beat until creamy and smooth. Crumble the dried spinach over the cream cheese. Add the reserved Gruyère, chopped garlic and onion, and two-thirds of the Parmesan; stir on low speed. Add the reserved artichoke hearts and hot sauce; stir on low speed to blend.

Transfer the mixture to the prepared dish; sprinkle with remaining Parmesan. Set the dish in the centre of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Place the cooking rack in the Cuisinart® Slow Cooker. Place the filled soufflé dish on the rack using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Cover and press the On/Off button to turn the unit on. Set time to 3 hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed. Dip should be puffed and bubbly when done. Remove the soufflé dish from the Slow Cooker using the foil strips to lift it. Serve hot with crackers or sliced French bread.

Nutritional information per 2-tablespoon (30 ml) serving:
Calories 61 (59% from fat) • carb. 3g • pro. 4g • fat 4g • sat. fat 2g • chol. 9mg • sod. 192mg • calc. 95mg • fiber 1g

Mulled Cider

Makes 2 quarts (1.9 L)

- 2 quarts (1.9 L) fresh, unpasteurized apple cider
- 3 slices peeled, fresh ginger, each about the size of a quarter
- 2 whole cinnamon sticks
- ½ whole orange, unpeeled, sliced
- ¼ cup (50 ml) brown sugar
- 1 teaspoon (5 ml) whole cloves
- ½ teaspoon (2 ml) whole allspice berries

Place all ingredients in the ceramic pot of a Cuisinart® Slow Cooker. Stir to mix. Cover and press the On/Off button to turn the unit on. Set time to 3 hours and press Low, Slow Cooker will automatically switch to Warm. Strain out orange slices and spices if desired. Ladle into mugs to serve.

Nutritional information per 4-ounce (115 g) serving:
Calories 67 (0% from fat) • carb. 17g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 14mg • fiber 0g

Irish Oatmeal

Makes 4 servings

- cooking spray
- 1 cup (250 ml) steel-cut Irish Oatmeal
- 1 quart (0.9 L) water
- ½ teaspoon (2 ml) kosher salt

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Place oatmeal, water and salt in the pot; stir. Cover and press the On/Off button to turn the unit on. Set time to 3 hours and press Low; Slow Cooker will automatically switch to Warm.

Nutritional information per serving (about 7/8 cup [219 ml]):
Calories 152 (16% from fat) • carb. 27g • pro. 5g • fat 2g • sat. fat 1g • chol. 0mg • sod. 172mg • calc. 5mg • fiber 4g

Notes: Add chopped dried fruits such as apples, pears, plums, apricots, peaches, cherries or cranberries before cooking for a fruity oatmeal, about 1 to 2 tablespoons (15 to 30 ml) per serving. Add 1 to 2 teaspoons (5 to 10 ml) cinnamon before cooking for Cinnamon Irish Oatmeal.

Spanish Bean Soup with Chorizo

Makes 8 cups (2 L)

- ¼ pound (125 g) dried chickpeas (garbanzo beans)
- 1 small ham hock (8-10 ounces [227-283 g]) or leftover ham bone
- 8 ounces (227 g) new potatoes (1 to 1½-inch size [2.5-3.8 cm]), halved or quartered
- 3 teaspoons (15 ml) olive oil, divided
- 6 ounces (170 g) onions, chopped
- ¼ teaspoon (1 ml) saffron threads
- 1 clove garlic, peeled and chopped
- 6 cups (1.5 L) water
- 8 ounces (227 g) chicken or turkey chorizo, chopped (hot sausage, rumbled or kielbasa, chopped)

Soak beans overnight in water to cover by 3 inches (7.6 cm). Drain and rinse. Place in ceramic pot of Cuisinart® Slow Cooker with ham hock or ham bone and potatoes.

Heat 2 teaspoons (10 ml) oil in 12-inch (30 cm) Cuisinart® skillet over medium heat. Add onions; cook 2 to 3 minutes to soften. Stir in saffron and garlic. Cook 2 to 3 minutes longer.

Add onion mixture to Slow Cooker with 6 cups (1.5 L) water. Cover and press the On/Off button to turn the unit on. Set time to 2 hours and press High. Once time elapses set timer again for 6 hours and press Simmer; Slow Cooker will automatically switch to Warm.

Heat remaining 1 teaspoon (5 ml) oil in skillet over medium-high heat. Brown chorizo, then drain; stir into soup. Slow cook on Low for 45 minutes. If the soup seems too thick, add some more water.

Nutritional information per 1-cup (250 ml) serving:
Calories 103 (18% from fat) • carb. 17g • pro. 4g • fat 2g • sat. fat 0g • chol. 0mg • sod. 12mg • calc. 40mg • fiber 6g

Caramelized Onion Soup

Makes about 6 cups (1.5 L)

- 2½ pounds (1.1 kg) onions, peeled and sliced
- 1½ tablespoons (25 ml) unsalted butter, melted
- 1½ tablespoons (25 ml) extra virgin olive oil
- ¾ teaspoon (3.75 ml) kosher salt
- 1½ tablespoons (11 ml) all-purpose flour
- ¾ tablespoon (11 ml) brown sugar
- 4 cups (1 L) meat stock (half chicken and half beef is fine), hot
- 1½ tablespoons (25 ml) Port

Combine onions, butter, olive oil and salt in the ceramic pot of a Cuisinart® Slow Cooker. Cover and press the On/Off button to turn the unit on. Set time for one hour and press High. Once time elapses, reset time for 5 hours and press Low to cook until nicely browned. Stir every hour so the onions colour evenly.

When onions are done, sprinkle in flour and sugar. Cook on Low for 30 minutes, stirring occasionally. Add hot stock and cook on High for one hour. Reduce to Low for 2 hours longer. Stir in Port.

Serve soup with slices of toasted French bread, topped with melted Parmesan.

Nutritional information per ¾-cup (175 ml) serving (without cheese):
Calories 190 (31% from fat) • carb. 27g • pro. 6g • fat 7g • sat. fat 2g • chol. 8mg • sod. 636mg. • calc. 53mg • fiber 3g

Sausage & Lentil Soup with Tortellini

Makes 8 cups (2 L)

- ¾ tablespoon (11 ml) extra virgin olive oil
- 1 pound (500g) turkey or chicken Italian sausage links
- 8 ounces (227 g) mushrooms, cleaned and quartered
- ¾ cup (175 ml) dried brown lentils, rinsed and drained
- 8 ounces (227 g) yellow onions, peeled and chopped
- 8 ounces (227 g) carrots, peeled, thickly sliced
- 2 cloves garlic, peeled and chopped
- ¾ tablespoon (11 ml) basil
- 1½ teaspoons (7 ml) thyme
- ¾ ounce (20 g) sun-dried tomatoes (not in oil), slivered
- 4½ cups (1.125 L) low-sodium chicken stock or broth
- 6 ounces (170 g) cheese-filled tortel lini (refrigerated)

Heat the olive oil in a Cuisinart® 12-inch (30 cm) nonstick skillet over medium-high heat. When hot, add the sausage in a single layer and brown evenly on all sides, about 10 minutes. Remove and let cool. Add the mushrooms to the same pan and cook until brown, about 3 to 4 minutes. When the sausage is cool enough to handle, cut into ½-inch (1.25 cm) slices.

Place the lentils in the ceramic pot of the Cuisinart® Slow Cooker. Add the chopped onions, carrots, garlic, browned mushrooms, basil, and thyme; stir to combine. Sprinkle the mixture with the slivered sun-dried tomatoes and top with the sliced sausages and any accumulated juices. Add the chicken stock.

Cover and press the On/Off button to turn the unit on. Set time to 2 hours and press High. Once time elapses, reset time to 3 hours and press Simmer; Slow Cooker will automatically switch to Warm when cooking time has elapsed..

Forty-five minutes before serving, reset the temperature to High – if soup is very thick, add up to 2 cups (500 ml) water. After 15 minutes, add the tortellini. Cover and cook for an additional 30 minutes, until the tortellini are tender and cooked.

Serve with freshly grated Parmesan.

Nutritional information per 1-cup (250 ml) serving (without cheese):
Calories 312 (31% from fat) • carb. 30g • pro. 24g • fat 11g • sat. fat 3g • chol. 51mg • sod. 1015mg • calc. 96mg • fiber 6g

Classic Split Pea Soup

Makes 8 servings

- 2 cloves garlic, peeled
- 8 ounces (227 g) onion, peeled and cut into 1-inch (2.5 cm) pieces
- 1 celery rib, top off, cut into 1-inch (2.5 cm) pieces
- 12 ounces (340 g) waxy potatoes, cut into ½-inch (1.25 cm) cubes
- 12 ounces (340 g) carrots, peeled and thinly sliced
- 1 pound (500 g) green split peas, rinsed
- 6 cups (1.5 L) chicken stock (page 24)
- 1 12-ounce (340 g) ham hock (or roasted turkey leg)
- 1 teaspoon (5 ml) freshly ground pepper
- 1 tablespoon (15 ml) thyme
- ¼ cup (50 ml) dry sherry

Place all ingredients but the sherry into the ceramic pot of the Cuisinart® Slow Cooker. Cover and press the On/Off button to turn the unit on. Set time for 1 hour and press High.

Once time elapses reset time for 7 to 8 hours and press Low; Slow Cooker will automatically switch to Warm until ready to serve.

Remove ham hock and discard bone; chop meat, and return it to soup.

Stir in sherry before serving.

Nutritional information per serving:
Calories 135 (4% from fat) • carb. 23g • pro. 8g • fat 1g • sat. fat 0g • chol. 3mg • sod. 378mg • calc. 34mg • fiber 6g

Brown Beef Stock

Makes 8 cups (2 L)

- 2½ pounds (1.1 kg) beef and/or veal bones
- 1 pound (500 g) beef chuck or other stew beef, cut into 1-inch (2.5 cm) cubes
- 2 large carrots, peeled, cut into 3-inch (7.5 cm) lengths
- 2 ribs celery, cut into 3-inch (7.5 cm) lengths
- 2 large onions, peeled and quartered
- 2 tablespoons (30 ml) olive or vegetable oil
- 6 chives
- 6 sprigs parsley
- 6 sprigs thyme
- 3 cloves garlic
- 12 peppercorns

Preheat oven to 425°F (220°C). Arrange bones, beef cubes, and vegetables in a shallow roasting pan. Drizzle with oil and toss to coat. Roast for 25 minutes, then turn and roast for an additional 25 minutes. Tie chives, parsley and thyme into a bundle using butcher's string.

Transfer browned bones, meat, and vegetables to the ceramic pot of the Cuisinart® Slow Cooker. Add bundle of herbs, garlic cloves and peppercorns. Cover with 8 cups (2 L) cold water. Cover and press the On/Off button to turn the unit on. Set time to 2 hours and press High. Once time elapses, reset time to 5 hours and press Simmer; Slow Cooker will automatically switch to Warm when cooking time has elapsed. Strain, reserving stock; discard solids. Cover and refrigerate. Fat will solidify and come to the top. Remove and discard fat. Keep stock refrigerated until ready to use, up to 5 days, or freeze.

Hint: Freeze in 1-cup (250 ml) amounts to have ready to thaw and use.

Nutritional information per 1-cup (250 ml) serving:
Calories 17 (1% from fat) • carb. 18g • pro. 38g • fat 2g • sat. fat 0g • chol. 0mg • sod. 20mg • calc. 14mg • fiber 0g

Chicken Stock

Makes 6 cups (1.5 L)

- 3 pounds (1.5 kg) chicken wings and/or backs
- 1 medium onion, peeled and quartered
- 1 ribs celery, cut into 2-inch (5 cm) lengths
- 1 carrot, peeled, cut into 2-inch (5 cm) lengths
- 1 leek, trimmed, halved lengthwise, cleaned
- 1 parsnip, peeled, cut into 2-inch (5 cm) lengths
- 1 bay leaf
- 6 black peppercorns
- 3 sprigs parsley
- 3 sprigs thyme
- 8 cups (2 L) water

Rinse chicken and drain. Place in ceramic pot along with the onion, celery, carrot, leek, parsnip, bay leaf, peppercorns, parsley, and thyme. Add water. Cover and press On/Off button to turn unit on. Set timer to 3 hours and press High. Once time elapses reset time to 4 hours and press Simmer; Slow Cooker will automatically switch to Warm. Strain, discarding the chicken bones, meat, skin, vegetables, and herbs. Pass through a fine mesh strainer to remove small bits. Cover and refrigerate. When chilled and congealed, remove chicken fat and discard or reserve for another use. Chicken stock will keep for 3 days in the refrigerator, or can be frozen for up to 6 months.

Hint: Freeze chicken stock in 1-cup (250 ml) containers to use as needed.

For Brown Chicken Stock: Brown stock requires the step of roasting, but adds depth of flavour to the stock. Use this method (using turkey wings) to make Brown Turkey Stock ahead for holiday meals.

Preheat oven to 400°F (200°C). Place wings in a Cuisinart® Roasting Pan. Roast in preheated oven for about 30 minutes, until nicely browned. Add vegetables, stir and roast for an additional 10 to 15 minutes, until vegetables are browned.

Nutritional information per 1-cup (250 ml) serving:
Calories 15 (0% from fat) • carb. 1g. • pro.1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 80mg • calc. 0mg • fiber 0mg

White Chili with Chicken

Makes 8 cups (2 L)

½	pound (250 g) white beans
	cooking spray
1	tablespoon (15 ml) good quality olive oil
1½	cups (375 ml) chopped onions
1	tablespoon (15 ml) chopped garlic
4	cups (1 L) chicken stock, nonfat, low-sodium
1	pound (500 g) chicken breast meat, cut into 1-inch (2.5 cm) cubes
½	cup (125 ml) prepared salsa verde (from a jar)
1½	teaspoons (7 ml) ground cumin
1	teaspoon (5 ml) oregano
¾	teaspoon (3.75 ml) coriander
½–¾	teaspoon (2-3.75 ml) kosher salt
¼	teaspoon (1 ml) freshly ground white pepper
1½	jalapeño peppers, cored, seeded and minced (optional)
1	cup (250 mL) cut white or yellow corn, (thawed if frozen)
8	lime wedges

Pick over beans and discard any stones or bits of dirt. Soak beans overnight (8 hours) in water to cover by 3 inches (7.5 cm). Drain and rinse.

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray.

Heat oil in a Cuisinart® 10-inch (25 cm) skillet over medium heat. Add onions and garlic. Cook until onions are soft, about 5 minutes; transfer to pot. Place stock, beans and chicken in Slow Cooker. Add salsa, cumin, oregano, coriander, salt, pepper and jalapeños. Cover and press the On/Off button to turn the unit on. Set time to 3 hours and press High. Once time elapses, reset time to 4 hours and press Simmer; Slow Cooker will automatically switch to Warm setting. One half hour before serving, turn heat to High; stir in corn.

Serve with wedge of lime.

Hint: Sliced or diced avocado makes a good garnish for White Chicken Chili.

Nutritional information per 1-cup (250 ml) serving:
Calories 390 (13% from fat) • carb. 45g • pro. 40g • fat 5g • sat. fat 1g • chol. 65mg • sod. 570 mg • calc. 145mg • fiber 15g

Beef Chili for a Crowd

Makes 8 servings

	cooking spray
1½	teaspoons (7 ml) good quality olive oil
¾	pound (375 g) onions, peeled and finely chopped
3	cloves garlic, peeled and minced
1	teaspoon (5 ml) kosher salt
½	teaspoon (2 ml) freshly ground pepper
1½	pounds (750 g) lean ground beef
¼	tablespoon (4 ml) chili powder
2	teaspoons (10 ml) oregano
2	teaspoons (10 ml) cumin
½	tablespoon (7 ml) paprika
½	red pepper, cored, seeded, chopped
½	green pepper, cored, seeded, chopped
½	yellow pepper, cored, seeded, chopped
1	can (14 ounces [397 g]) diced tomatoes, juices drained, separated
1	can (3 ounces [85g]) tomato paste, salt-free
1½	tablespoons (25 ml) red wine vinegar
2	cans (15–16 ounces [425-454 g] each) beans, drained, rinsed and drained again (i.e. black beans, pinto beans and/or red kidney beans)

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray.

Heat a Cuisinart® 12-inch (30 cm) nonstick skillet over medium-high heat and add ½ teaspoon (1.25 ml) olive oil; sauté onions and garlic until soft. Season with ¼ teaspoon (1 ml) salt and ¼ teaspoon (1 ml) pepper. Place in ceramic insert.

In the same skillet, heat another teaspoon of oil; cook ground beef until brown, breaking up clumps with the back of a spoon. Stir in remaining salt and pepper, chili powder, oregano, cumin and paprika; cook over low heat until spices are fragrant. Transfer meat mixture to Slow Cooker. Add sliced red, green, and yellow peppers. Stir in diced tomatoes, tomato paste and red wine vinegar.

Cover and press the On/Off button to turn the unit on. Set time to 10 hours and press Low; Slow Cooker will automatically switch to Warm.

One hour before serving, turn heat to High. Stir in beans and slow cook until heated through.

Nutritional information per 1 cup (250 ml) serving:
Calories 267 (20% from fat) • carb. 28g • pro. 26g • fat 6g • sat. fat 2g • chol. 49mg • sod. 330mg • calc. 90mg • fiber 7g

Heart Smart Turkey Chili

Makes about 9 cups (2.25 L)

- 1 teaspoon (5 ml) + 1 tablespoon (15 ml) extra virgin olive oil, divided
- 3 pounds (1.5 kg) lean ground turkey (7% fat)
- 4 cloves garlic, peeled and finely chopped
- 1 pound (500 g) Spanish onions, peeled and chopped
- 5 tablespoons (75 ml) chili powder
- ½ tablespoon (7 ml) ground cumin
- ½ teaspoon (2 ml) ground allspice
- ½ teaspoon (2 ml) ground cinnamon
- ½ teaspoon (2 ml) ground coriander
- 1 teaspoon (5 ml) oregano
- 2 cans (14 ounces [397 g] each) diced tomatoes
- ½ red bell pepper, cut into 1½ x ¼-inch (3.8 x 0.6 cm) strips
- ½ yellow bell pepper, cut into 1½ x ¼-inch (3.8 x 0.6 cm) strips
- 1 cup (250 ml) unsalted, nonfat, low-sodium chicken stock
- 1 tablespoon (15 ml) wine vinegar
- 1 bay leaf
- ¾ teaspoon (3.75 ml) kosher salt

Heat one teaspoon (5 ml) olive oil in a Cuisinart® 12-inch (30 cm) skillet over medium-high heat. Add ⅓ of the turkey to the pan and cook until brown, breaking up clumps with the back of a spoon, about 7 minutes. Transfer to the ceramic pot of the Cuisinart® Slow Cooker. Brown the remaining meat with one teaspoon oil, in two more batches.

Heat the remaining one tablespoon (15 ml) of oil over medium heat in the same pan; add the garlic and onion and cook until translucent and softened, about 5 minutes. Add chili powder, cumin, allspice, cinnamon, coriander, and oregano; cook over low heat until fragrant, about 5 minutes. Transfer onion mixture to the Slow Cooker.

Stir in diced tomatoes, diced peppers, chicken stock, wine vinegar, and bay leaf. Cover and press the On/Off button to turn the unit on. Set time to 6 hours and press Low; Slow Cooker will automatically switch to Warm.

Serve with "chili condiments" – shredded lowfat Cheddar or Monterey Jack cheese, diced avocado, chopped tomato, chopped onions, chopped peppers and warm corn-bread.

Nutritional information per 1-cup (250 ml) serving:
Calories 323 (51% from fat) • carb. 10g • pro. 30g • fat 18g • sat. fat 5g • chol. 78mg • sod. 301mg • calc. 68 mg • fiber 3g

Veal Stew with Mushrooms & Artichokes

Makes about 8 cups (2 L)

- ½ cup (125 ml) all-purpose flour
- ¾ teaspoon (3.75 ml) kosher salt
- ¾ teaspoon (3.75 ml) freshly ground pepper
- 2 pounds (1 kg) veal stew meat, cut into 1-inch (2.5 cm) cubes
- 6 teaspoons (30 ml) good quality olive oil, divided
- ½ cup (125 ml) dry sherry
- ¾ pound (375 g) button mushrooms, sliced
- 1 cup (250 ml) onion, peeled and chopped (about 1 large)
- ¾ cup (175 ml) sliced celery
- ½ can (14 ounces [397 g]) diced tomatoes, drained
- ½ cup (125 ml) chicken stock
- 1 shallot, peeled and minced
- 1 clove garlic, peeled and minced
- ¾ teaspoon (3.75 ml) ground coriander
- 1 celery stalk, trimmed, cut into ½-inch (1.25 ml) pieces
- 5 whole sprigs of parsley with stems
- 1 bay leaf
- 1 package frozen artichokes, thawed
- ¼ cup (50 ml) chopped fresh parsley

Mix the flour, salt and pepper in a pie plate or other flat bowl. Lightly dust veal cubes with seasoned flour, shaking off excess.

Heat 2 teaspoons (10 ml) of oil in a Cuisinart® 12-inch (30 cm) skillet over medium-high heat. In 2 batches, brown veal on all sides. Transfer browned veal to the ceramic pot of the Cuisinart® Slow Cooker. After each batch, deglaze pan by adding ¼ cup (50 ml) sherry to the hot skillet, scraping up any brown bits; add to the ceramic pot. When all meat is browned, add 1 teaspoon (5 ml) oil; brown mushrooms in 2 batches and add to pot.

Place onion, celery, tomatoes, chicken stock, shallot, garlic, and coriander in the Slow Cooker with veal and mushrooms; stir. Place the parsley sprigs on top of the veal mixture. Tuck the bay leaf into the centre. Cover and press the On/Off button to turn the unit on. Set time to 5 hours and press Low; the Slow Cooker will automatically switch to Warm. At this point, the stew can wait on Warm until you are ready to finish cooking.

One hour before serving, remove parsley sprigs and bay leaf; discard. Stir in artichokes; cover and slow cook on Low for 1 hour. Garnish with chopped fresh parsley to serve.

Nutritional information per 1-cup (250 ml) serving:
Calories 285 (31% from fat) • carb. 18g • pro. 28g • fat 10g • sat. fat 2g • chol. 85mg • sod. 421mg • calc. 71mg • fiber 6g

Mediterranean Seafood Stew

Makes 4 servings

- ¼ pound (125 g) small new potatoes, skin on, whole
- 2 cloves garlic, peeled and minced
- 1 large onion, peeled, cut into quarters, with root ends intact (to hold it together)
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 can (14 ounces [397 g]) diced tomatoes, juices drained
- ½ can (6 ounces [170 g]) salt-free tomato paste
- ½ cup (125 ml) clam juice or fish stock
- ½ cup (125 ml) dry white wine or vermouth
- ½ teaspoon (2 ml) saffron
- ½ teaspoon (2 ml) dried basil
- ¼ cup (50 ml) chopped parsley leaves
- grated zest of one orange
- 1 bay leaf
- ¼ teaspoon (1 ml) fennel seeds
- ¼ teaspoon (1 ml) peppercorns
- 3 whole sprigs of fresh parsley (stems and leaves)
- ½ small fennel bulb (4 ounces [115 g]), top off, cut into ½" (1.25 cm) slices
- 10 mussels, scrubbed and debearded if necessary
- 8 jumbo shrimp, peeled, deveined, left whole with tail on
- 6 sea scallops, cut in half horizontally
- ½ pound (250 g) white fish, such as scrod, cut into 2-inch (5 cm) pieces

Place potatoes, garlic, onion and olive oil in ceramic pot of the Cuisinart® Slow Cooker; stir gently to combine. Add tomatoes, tomato paste, clam juice, wine, saffron and dried basil. Place bay leaf, fennel seeds, peppercorns and parsley sprigs in a 5 x 5-inch (12.7 x 12.7 cm) square of cheesecloth (or coffee filter) and tie securely with kitchen twine. Add to pot.

Cover and press the On/Off button to turn the unit on. Set time for 2 hours and press High. Once Slow Cooker switches to Warm set time for 3 hours and press Simmer. Slow Cooker will automatically switch to Warm. At this point the sauce can rest on Warm until one hour before serving. Raise heat to High, then add fennel slices; cook another 30 to 40 minutes. Add mussels, shrimp, scallops and fish. Continue to cook about 10 to 15 minutes, or until mussels are open, shrimp are pink, scallops and fish are opaque. Garnish with chopped parsley and orange zest. Serve directly from the pot.

Ladle stew into warm soup bowls. Serve with crusty bread on the side.

Nutritional information per serving:
Calories 407 (16% from fat) • carb. 32g • pro. 48g • fat 7g • sat. fat 1g • chol. 187mg • sod. 582mg • calc. 155mg • fiber 5g

Chicken Cacciatore

Makes 4 to 6 servings

- 8 ounces (227 g) yellow onion, peeled and cut vertically into ½-inch (1.25 cm) slices
- 1 red bell pepper, cored, seeded, cut lengthwise into ½-inch (1.25 cm) thick slices
- 1 yellow bell pepper, cored, seeded, cut in ½-inch (1.25 cm) thick slices lengthwise
- 3 cloves garlic, peeled
- 1 can (15 ounces [425 g]) diced tomatoes, drained, juices discarded
- 2 tablespoons (30 ml) tomato paste
- 2 tablespoons (30 ml) white vermouth or other dry white wine
- 1 teaspoon (5 ml) oregano
- ¾ teaspoon (3.75 ml) basil
- 1 teaspoon (5 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground black pepper
- 2 pounds (1 kg) bone-in, skinless chicken thighs
- ½ cup (125 ml) all-purpose flour
- 2 tablespoons (30 ml) extra virgin olive oil
- 4 ounces (115 g) portobello mushrooms, cut into ½-inch (1.25 cm) thick slices
- 1 bay leaf

Place the onions, peppers, garlic, drained tomatoes, tomato paste, vermouth, oregano, basil, salt, and pepper in a large bowl. Toss gently to combine. Trim chicken thighs of visible fat. Toss in flour to coat lightly – discard excess flour. Heat one tablespoon (15 ml) olive oil in a 12-inch (30 cm) Cuisinart® nonstick skillet over medium-high heat. Add half the chicken and cook over medium-high heat for 3 minutes on each side until brown. Transfer to a plate and repeat with the remaining chicken. Add the remaining tablespoon (15 ml) olive oil and cook the portobello mushrooms in a single layer until golden brown on each side, about 3 minutes per side. Add the browned portobello mushrooms to the vegetable mixture.

Arrange half the chicken thighs in the ceramic pot of the Cuisinart® Slow Cooker. Top with half the vegetable mixture. Repeat layers. Tuck bay leaf into the centre of the mixture. Cover and press the On/Off button to turn the unit on. Set time to 8 hours and press Low; Slow Cooker will automatically switch to Warm setting.

Remove and discard bay leaf before serving.

Nutritional information per serving (based on 6 servings):
Calories 599 • (37% from fat) • carb. 25g • pro. 61g • fat 23g • sat. fat 6g • chol. 204mg • sod. 571mg • calc. 93mg • fiber 5g

Chicken with 40 Cloves of Garlic

Makes 4 to 6 servings

- 2½ pounds (1.1 kg) chicken thighs (about 8 to 10), skinless, bone-in
- 1 teaspoon (5 ml) herbes de Provence
- ¼ teaspoon (1 ml) red pepper flakes
- ¾ teaspoon (3.75 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground black pepper
- 3 teaspoons (15 ml) fresh lemon juice
- 3 teaspoons (15 ml) extra virgin olive oil
- cooking spray
- 40 cloves garlic, peeled
- 1 stalk celery, sliced
- 1 cup (250 ml) sliced onion and/or shallots
- ¼ cup (50 ml) white vermouth or dry white wine
- 3 tablespoons (45 ml) nonfat, low-sodium chicken stock
- freshly chopped parsley

In a large bowl, combine the chicken thighs, herbes de Provence, red pepper flakes, salt, pepper, lemon juice and olive oil.

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Layer seasoned chicken, garlic, celery and onions in pot. Pour in wine and chicken stock. Cover and press the On/Off button to turn the unit on. Set time to 8 hours and press Low; the Slow Cooker will automatically switch to Warm.

Serve with chopped parsley for garnish.

Nutritional information per serving (based on 6 servings):
Calories 399 (43% from fat) • carb. 9g • pro. 44g • fat 19g • sat. fat 5g • chol. 153mg • sod. 311 • calc. 66mg • fiber 1g

Barbecue Beef Brisket

This is a multi-step process, but well worth the effort. Because brisket is chilled after cooking, it allows you to remove excess fat, and makes slicing easier.

Makes 6 to 8 servings

- 1 beef brisket, approximately 2½ pounds (1.1 kg)
- 2 tablespoons (30 ml) light or dark brown sugar, packed
- 2 teaspoons (10 ml) Worcestershire sauce
- 2 teaspoons (10 ml) freshly ground black pepper
- 1 teaspoon (5 ml) garlic powder
- 1 teaspoon (5 ml) kosher salt
- 1 teaspoon (5 ml) dry mustard
- 1 teaspoon (5 ml) liquid smoke
- 1 medium onion, peeled, cut into ½-inch (1.25 cm) slices
- ½ cup (125 ml) lager or ale
- 2 cups (500 ml [more to taste]) Barbecue Sauce, page 34, or purchased BBQ sauce

Trim fat cap on top of brisket to ⅛-inch (0.3 cm) thickness. Do not remove it all – it helps to keep the brisket tender and moist. Combine the brown sugar, Worcestershire, pepper, garlic powder, salt, dry mustard, and liquid smoke. Rub all over the brisket. If time allows, cover and refrigerate overnight to marinate. Make a single layer of the sliced onions in the bottom of the ceramic pot of the Cuisinart® Slow Cooker. Add the lager. Place the coated brisket on top. Cover and press the On/Off button to turn the unit on. Set time to 10 to 12 hours and press Low; Slow Cooker will automatically switch to Warm. Remove the brisket, onions and cooking juices from the Slow Cooker and place in a shallow pan. Cover and refrigerate.

One hour before serving, remove brisket from refrigerator. Preheat oven to 375°F (190°C). Remove hardened fat and discard. Remove brisket from cooking liquid. Strain liquid from onions and reserve for another use (you will have about 2 cups (500 ml). This may be frozen – it is very good to use in soups); discard onions. Slice meat thinly (⅛ -inch [0.3 cm] thick slices) while cold.* Reassemble and place in roasting pan/baking dish. Spread 2 cups (500 ml) Barbecue Sauce evenly over the reassembled roast. Cover pan with lid or foil and place in preheated oven for 30 to 40 minutes, until heated through. Serve hot.

Alternatively the meat can be sliced thickly, then shredded using two forks or fingers. Stir in sauce and reheat until it just bubbles. After reheating, the Beef Barbecue may be placed in the Slow Cooker on Low for 1 hour, then turned to Keep Warm.

Nutritional information per serving (based on 8 servings):
Calories 229 (31% from fat) • carb. 14g • pro. 25g • fat 8g • sat. fat 2g • chol. 72mg • sod. 496mg • calc. 38mg • fiber 1g

Barbecue Sauce

Makes 4 cups (1 L)

- 2 teaspoons (10 ml) unsalted butter
- 1 cup (250 ml) finely chopped onion
- 1 clove garlic, peeled, finely chopped
- 2 cups (500 ml) tomato ketchup
- 1 cup (250 ml) water
- ¼ cup (50 ml) tomato paste (salt-free)
- ¼ cup (50 ml) cider vinegar
- ⅓ cup (75 ml) molasses
- ⅓ cup (75 ml) honey
- 2 tablespoons (30 ml) Worcestershire sauce
- 2 tablespoons (30 ml) soy sauce (low-sodium)
- 1 tablespoon (15 ml) prepared horseradish
- 1 tablespoon (15 ml) chili powder (heat level to taste)
- 2 teaspoons (10 ml) instant espresso powder
- 1½ teaspoons (7 ml) dry mustard
- 1–2 teaspoons (5-10 ml) liquid smoke (to taste)
- ½–1 teaspoon (2-5 ml) hot sauce such as Tabasco®

Melt the butter in a Cuisinart® 3¾-quart (3.5 L) saucepan over medium heat. Add onion and garlic; cook over medium heat until softened and opaque, about 3 to 4 minutes – do not brown. Add ketchup, water, tomato paste, vinegar, molasses, honey, Worcestershire sauce, soy sauce, horseradish, chili powder, instant espresso, and dry mustard. Stir to blend. Bring the mixture to a boil. Reduce heat and simmer, uncovered over low heat, about 50 to 60 minutes. Stir in liquid smoke and hot sauce to taste.

Cool and refrigerate in a covered container until ready to use. May also be frozen.

Nutritional information (per serving ¼-cup [50 ml]):
Calories 127 (7% from fat) • carb. 29g • pro. 2g • fat 1g • sat. fat 0g
• chol. 1g • sod. 988mg • calc. 79mg • fiber 1g

Dilled Pot Roast

Makes 4 to 6 servings

- ⅓ cup (75 ml) all-purpose flour
- ½ teaspoon (2 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground pepper
- 2 teaspoons (10 ml) vegetable oil
- 2½–3 pounds (1.1-1.5 kg) beef roast, rump, chuck or arm cut
- 2 tablespoons (30 ml) Dijon-style mustard
- 2 onions, peeled and cut into eighths
- 2 carrots, peeled and sliced into 1-inch (1.25 cm) pieces
- 1 celery stalk, with tops, cut into 1-inch (1.25 cm) pieces
- 2 cloves garlic, peeled
- 1 teaspoon (5 ml) dill seed
- ½ teaspoon (2 ml) peppercorns
- ¼ cup (50 ml) nonfat, low-sodium beef stock
- 1 tablespoon (15 ml) red wine vinegar

Sauce

- cooking juices from beef
- 3 tablespoons (45 ml) instant flour
- 1 teaspoon (5 ml)) Dijon-style mustard
- 1 teaspoon (5 ml) dill weed
- ½ cup (125 ml) lowfat sour cream

Combine flour with salt and pepper. Coat beef with flour mixture, shaking off excess. Heat oil in a Cuisinart® 12-inch (30 cm) skillet over medium-high heat; brown beef on all sides. Transfer to platter or cutting board; cool for a few moments. Rub mustard evenly over all sides of the beef. Place onions, carrots, celery, garlic, dill seed and peppercorns in the ceramic pot of the Cuisinart® Slow Cooker. Top with the mustard-coated beef. Pour in stock and vinegar. Cover and press the On/Off button to turn the unit on. Set time to 10 to 12 hours and press Low; cooker will automatically switch to Warm.

Remove beef, transfer to storage container, strain and discard vegetables. Pour cooking juices over beef; cover and refrigerate overnight. One hour before serving, remove beef, (reserve juices) and cut off visible fat. Place in a small roasting pan and reheat at 325°F (160°C) for 30 to 45 minutes.

Strain cooking juices into a Cuisinart® 2¾-quart (2.75 L) saucepan; discard fat. Add flour, mustard and dill; stir over medium heat until sauce comes to a boil and thickens. Remove from heat, cool briefly and stir in sour cream. Taste for seasoning and add ¼ teaspoon (1 ml) salt if desired. Cut meat into thin slices; pour some sauce over the top and pass the rest in a sauce boat.

Nutritional information per serving (based on 6 servings):
Calories 226 (23% from fat) • carb. 16g .• pro. 9g • fat 3g • sat. fat 1g
• chol. 6mg • sod. 420mg • calc. 53mg • fiber 2g

Corned Beef with Vegetables

Serves 4 to 6

First Cooking

- cooking spray
- 2 pounds (1 kg) corned beef, first cut (flat)
- 1 onion, peeled and cut into 2-inch (5 cm) pieces
- 1 carrot, peeled and cut into 2-inch (5 cm) pieces
- 1 stalk celery, with tops, cut into 2-inch (5 cm) pieces
- 3 whole parsley stalks
- 1 bay leaf
- ½ teaspoon (2 ml) peppercorns
- 3 cups (750 ml) water

To finish

Sauce

- ¼ cup (50 ml) orange marmalade
- ¼ cup (50 ml) Dijon-style mustard
- 1½ tablespoons (25 ml) real maple syrup (not pancake syrup) or honey

Vegetables

- ½ pound (250 g) onions, peeled, cut in half through root end
- 4 carrots, peeled, cut into large serving pieces
- 2 stalks celery, cut into serving pieces
- 1 pound new potatoes, skins on, cut into serving pieces
- 1 pound (500 g) cabbage cut length wise through the root end into 8 pieces

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Rinse the corned beef with fresh water. Place it in the pot with the onion, carrot, parsley, celery, bay leaf and peppercorns. Pour in water to cover. Cover and press the On/Off button to turn the unit on. Set time to 8 hours and press Low; Slow Cooker will automatically switch to Warm.

When meat is done, transfer to a resealable container with the vegetables and cooking liquid. Cover and refrigerate overnight. The meat can stay like this for up to two days.

When you are ready to finish the corned beef, preheat oven to 375°F (190°C). Remove meat from cooking liquid; cut off and discard any visible fat. Strain liquid to degrease juices. Discard vegetables; reserve liquid.

Combine marmalade, mustard and maple syrup in a small bowl; spread or brush over the top and sides of meat. Set in small roasting pan; heat about 30 to 45 minutes, brushing meat with glaze once or twice.

(continued)

Pour cooking liquid into a Cuisinart® 6-quart (5.7 L) saucepan. Add onions, carrots, celery and new potatoes. Top with the cabbage. (You will not have enough liquid to cover – the cabbage steams on top.) Cover and simmer until vegetables are tender, 30 to 45 minutes.

To serve, cut meat in thin slices and surround with vegetables. Serve the flavourful broth on the side.

Nutritional information per serving (based on 6 servings):
Calories 669 (42% from fat) • carb. 62g • pro. 37g • fat 32g • sat. fat 10g • chol. 157mg • sod. 2545mg • calc. 188mg • fiber 14g

Pulled Pork Barbecue

Makes 5 cups (1.25 L)

- 2½ pounds (1.1 kg) bone-in country-style spare ribs
- ¾ teaspoon (3.75 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground black pepper
- ½ teaspoon (2 ml) paprika
- ½ pound (250 g) onions, peeled and thickly sliced
- 1 cup (250 ml) water
- 1–1½ cups (250-375 ml) Barbecue Sauce, page 34 (or purchased)

Trim ribs of excess fat. Season with salt, pepper and paprika. Layer seasoned pork and onions in ceramic pot of Cuisinart® Slow Cooker, ending with a layer of onions. Add water. Cover and press the On/Off button to turn the unit on. Set time to 10 to 12 hours and press Low; Slow Cooker will automatically switch to Warm. Pork should be falling off the bone.

Transfer pork to a shallow food storage container. Strain liquid and discard onions. Pour liquid over pork. Cover and refrigerate. When chilled, the fat will solidify and rise to the top. Lift off and discard. Remove pork from liquid (which will have gelled); reserve liquid for another use (it is particularly good to use in the Classic Split Pea (page 23), or Spanish Bean (page 19) Soups – it may be strained and frozen, or discarded. Pull pork from bones; discard bones. Trim off and discard fat.

Shred pork and place in ceramic pot of Cuisinart® Slow Cooker. Add 1 to 1½ cups (250-375 ml) Barbecue Sauce; stir. Cook on Low for 3 hours using the Timer function, or on High for 2 hours. Set on Warm to serve.

Nutritional information per ½-cup (125 ml) serving:
Calories 326 (49% from fat) • carb. 11g • pro. 31g • fat 18g • sat. fat 7g • chol. 107mg • sod. 411mg • calc. 28mg • fiber 1g

Slow Cooked Lamb Shanks with White Beans

Makes 4 to 6 servings

- 2 cups (250 g) dried white beans (cannellini or navy)
- 3 lamb shanks [about ¾ to 1 pound (375 g to 455 g each)]
- 1 teaspoon (5 ml) kosher salt
- 1 teaspoon (5 ml) freshly ground black pepper
- 1 tablespoon (15 ml) olive oil
- 1 tablespoon (15 ml) unsalted butter
- 1 medium onion, peeled and chopped
- 1 medium carrot, peeled and chopped
- 1 celery stalk, chopped
- 4 garlic cloves, chopped
- 1 teaspoon (5 ml) herbes de Provence
- ⅓ cup (75 ml) dry red wine
- 1 can [28 ounces] plum tomatoes, drained well and roughly chopped

Soak beans overnight or at least 8 hours in water to cover by 3 inches (7.5 cm). Drain and pick over beans and rinse. Place the beans in the ceramic pot of the Cuisinart® Slow Cooker.

Trim the lamb shanks of as much visible fat and silver skin as possible. Season them with ½ teaspoon of the salt and ½ teaspoon pepper. Heat olive oil and butter in a 12-inch (30 cm) Cuisinart® sauté pan over medium-high heat. When hot, add the seasoned lamb shanks and brown well on all sides. Remove and reserve. Reduce heat to low and add chopped onions, carrots, and celery; cook over low heat until vegetables are softened, about 3 to 4 minutes. Add the chopped garlic, remaining salt and pepper and the herbes de Provence and sauté for an additional 2 minutes. Stir in the red wne, scraping ay brown bits that may have accumalated on the bottom of the pan with a wooden spoon. Finally stir in the chopped tomatoes and the tomato paste - stir the vegetable/tomato mixture together with beans. Tuck the bay leaf and the browned lamb shanks into the mixture.

Cover and press the On/Off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Remove lamb shanks and degrease as necessary. Taste and adjust seasonings accordingly. Serve one lamb shank per person, or remove the meat from the bones and serve up to 6 diners.

Nutritional information per serving (based on 6 servings):
Calories 781 (22% from fat) • carb. 56g • pro. 89g • fat 19g • sat. fat 6g • chol. 240mg • sod. 585mg • calc. 209mg • fiber 12g

Penne Lasagna

Makes 6 cups (1.5 L)

- ½ cup (125 ml) freshly grated Parmesan
- 8 ounces (227 g) part-skim ricotta
- ½ pound (250 g) part-skim mozzarella grated, shredded ½ cup (125 ml) reserved for topping
- 2 teaspoons (10 ml) extra virgin olive oil, divided
- 4 ounces (115 g) white mushrooms, sliced
- 1 teaspoon (5 ml) kosher salt, divided
- ½ teaspoon (2 ml) freshly ground pepper, divided
- ½ pound (250 g) frozen chopped spinach, thawed and drained until very dry*
- ½ large onion, peeled and finely chopped
- 2 cloves garlic, peeled and minced
- ¼ pound (125 g) ground turkey
- 2 cans (8 ounces [227 g] each) diced tomatoes, juices drained, divided
- 8 ounces (227 g) tomato sauce
- 1 teaspoon (5 ml) dried basil
- ½ teaspoon (2 ml) oregano
- 6 ounces (170 g) mini penne (or other small tubular pasta) par-cooked 5 minutes (until barely cooked), drained and cooled
- cooking spray

Combine Parmesan, ricotta and all but ½ cup (125 ml) of the mozzarella. Reserve.

Heat a Cuisinart® 12-inch (30 cm) nonstick skillet over medium high-heat; add 1 teaspoon (5 ml) oil and sauté mushrooms until golden brown. Season with ½ teaspoon (2 ml) salt and ¼ teaspoon (1 ml) pepper. Mix with drained spinach. Reserve.

Heat 1 teaspoon (5 ml) oil; sauté onions and garlic until soft, about five minutes. Set aside. In the same skillet, heat 1 teaspoon (5 ml) oil and brown; the ground turkey; transfer to bowl with onions. Stir in 1 cup (250 ml) diced tomatoes and the remaining salt and pepper. Reserve.

Combine tomato sauce, remaining diced tomatoes, basil and oregano; stir into pasta.

(continued)

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the pasta mixture, make a layer on the bottom of the insert. Spread meat mixture evenly over pasta. Cover with ½ the cheese mixture.

Make a second layer of pasta; top with spinach and mushroom mixture. Cover with remaining ricotta cheese mixture. Make a final layer of pasta and top with reserved mozzarella.

Cover and press the On/Off button to turn the unit on. Set time to 6 hours and press Low; Slow Cooker will automatically switch to Warm until ready to serve.

*To drain spinach thoroughly, first squeeze out as much water as possible with your hands. Lay the spinach on a clean towel, roll up, and wring out the rest. You will end up with about a ½ cup (125 ml) dry spinach that can then be mixed with the mushrooms.

Nutritional information per ½-cup (125 ml) serving:
Calories 394 (35% from fat) • carb. 39g • pro. 24g • fat 15g • sat. fat 8g • chol. 45mg • sod. 930mg • calc. 574mg • fiber 6g

Red Beans & Sausage

Makes 4 servings

- ½ pound (250 g) dried red beans
- cooking spray
- 1 ham hock (12 ounces [340 g])
- 1 cup (250 ml) chopped onion
- 1 cup (250 ml) chopped green pepper
- 1 bay leaf
- ½ tablespoon (7 ml) chili powder
- 2 cloves garlic, peeled and chopped
- ½ tablespoon (7 ml) oregano
- ½ tablespoon (7 ml) thyme
- ½ tablespoon (7 ml) dry coriander
- ½ tablespoon (7 ml) dried basil
- ½ tablespoon (7 ml) extra virgin olive oil
- 1 pound (500 g) turkey kielbasa, cut into 8 portions
- ½ teaspoon (2 ml) Tabasco®, or to taste
- ½ teaspoon (2 ml) kosher salt

Soak beans in water to cover by 3 inches (7.5 cm) overnight (at least 8 hours). Drain, pick over beans and rinse.

Lightly coat the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Combine the drained beans, ham hock, onion, green pepper, bay leaf, chili powder, garlic, oregano, thyme, coriander and basil in the pot. Cover and press the On/Off button to turn the unit on. Set timer to 6 hours and press Low; Slow Cooker will automatically switch to Warm.

Heat oil in a 12-inch (30 cm) Cuisinart® skillet over medium heat. Brown the turkey kielbasa on all sides, about 5 minutes, and add to Slow Cooker. Cook for another 2 hours.

Remove ham hock and cut meat from the bone. Return the meat to Slow Cooker and discard the bone. Add Tabasco® to taste. Add salt if desired.

Serve with cooked white rice.

Nutritional information per serving:
Calories 420 (28% from fat) • carb. 45g • pro. 33g • fat 14g • sat. fat 6g • chol. 65mg • sod. 1777mg • calc. 95mg • fiber 10g

Macaroni with Four Cheeses

Makes 6 cups (1.5 L)

- ½ pound (250 g) elbow macaroni
- 2 tablespoons (30 ml) unsalted butter
- 2 tablespoons (30 ml) all-purpose flour
- 2 cups (500 ml) fat free evaporated milk, not reconstituted
- ½ tablespoon (7 ml) Worcestershire sauce
- ½ teaspoon (2 ml) dry mustard
- ½ teaspoon (2 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground pepper
- 6 ounces (170 g) reduced-fat sharp Cheddar, shredded
- 4 ounces (115 g) Gruyère (not processed), shredded
- cooking spray
- 8 ounces (227 g) diced tomatoes, drained (about 1½ cups)
- 4 ounces (115 g) part-skim mozzarella, shredded
- ½ cup (125 ml) fresh breadcrumbs
- ½ ounce (15 g) freshly grated Parmesan, about 2 tablespoons (30 ml)

Parboil elbow macaroni about 5 minutes, until very al dente but cooked through. Rinse under cool water in a colander, drain thoroughly and set aside in a large bowl.

Melt butter in a Cuisinart® 3¾-quart (3.5 L) saucepan; stir in flour. Cook, stirring constantly for 3 minutes. Add milk; stir until it boils. Stir in Worcestershire sauce, dry mustard, salt and pepper. Turn off heat; stir in Cheddar and Gruyère until blended. Add to pasta and stir to combine.

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Add half the macaroni mixture. Spread the drained tomatoes in a layer; top with the mozzarella, then the remaining macaroni.

Combine breadcrumbs and Parmesan; sprinkle over top. Cover and press the On/Off button to turn the unit on. Set time to 5 hours and press Low; Slow Cooker will automatically switch to Warm.

Nutritional information per ¾-cup (175 ml) serving:
Calories 371 (36% from fat) • carb. 34g • pro. 25g • fat 15g • sat. fat 9g • chol. 46mg • sod. 507mg • calc. 649mg • fiber 1g

Tomato Sauce

Makes about 8 cups (2 L)

- 1 tablespoon (15 ml) extra virgin olive oil
- ½ pound (250 g) onions, peeled, finely chopped
- 6 ounces (170 g) carrots, peeled, chopped
- 2 ribs celery, peeled, finely chopped
- 2 cloves garlic, peeled, finely chopped
- ½ tablespoon (7 ml) dried basil
- 1½ teaspoons (7 ml) dried marjoram
- 1½ teaspoons (7 ml) dried oregano
- 1 can plum (Italian) tomatoes (35 ounces [992 g])
- 2 cups (500 ml) tomato purée, salt-free if available
- 1½ tablespoons (25 ml) salt-free tomato paste
- ¼ cup (50 ml) dry white wine or vermouth
- ½ teaspoon (2 ml) kosher salt

Heat the olive oil in a Cuisinart® 12-inch (30 cm) skillet over medium heat. Add the chopped onions, carrots, celery, and garlic; cook until the vegetables are softened, but not browned, about 5 minutes. Add the basil, marjoram, and oregano; cook until the herbs are aromatic, 2 to 3 minutes longer. Place the cooked vegetables in the ceramic pot of the Cuisinart® Slow Cooker. Add the tomatoes, tomato purée, tomato paste, wine and salt to the Slow Cooker and stir to blend.

Cover and press the On/Off button to turn the unit on. Set time to 8 hours and press Simmer; Slow Cooker will automatically switch to Warm until ready to serve. For a smoother sauce, use a Cuisinart® Hand Blender or blender to purée the sauce to desired consistency.

Nutritional information per 1-cup (250 ml) serving:
Calories 133 (11% from fat) • carb. 25g • pro. 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 639mg • calc. 98mg • fiber 6g

New Potatoes with Rosemary

Makes 6 servings

- 2 pounds (1 kg) new potatoes, washed but left whole
- 1 tablespoon (15 ml) extra virgin olive oil
- 1½ tablespoons (25 ml) finely chopped fresh rosemary
- 2 garlic cloves, peeled and minced
- ½-¾ teaspoon (2-3.75 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground pepper

Combine all ingredients in ceramic pot of Cuisinart® Slow Cooker. Cover and press the On/Off button to turn the unit on. Set time to 4 hours and press Low; Slow Cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:
Calories 154 (14% from fat) • carb. 31g • pro. 3g • fat 2g • sat. fat 0g • chol. 0 • sod. 118mg • calc. 15mg • fiber 3g

"Almost" Baked Potatoes

Makes 3 servings

- 3 russet baking potatoes (about 10 ounces [283 g] each), scrubbed and dried
- 1 teaspoon (5 ml) good quality olive oil

Prick each potato several times with the tines of a fork; rub each with ¼ teaspoon (1 ml) olive oil. Place rack in the ceramic pot of the Cuisinart® Slow Cooker. Arrange potatoes on rack, evenly spaced.

Cover and press the On/Off button to turn the unit on. Set time to 7 hours and press Low; Slow Cooker will switch to Warm until ready to serve potatoes.

Nutritional information per serving:
Calories 319 (4% from fat) • carb. 72g • pro. 7g • fat 1g • sat. fat 0 • chol. 0 • sod. 23mg • calc. 28mg • fiber 7g

Warm Baked Potato Salad

This salad may be assembled and served while potatoes are warm, or chilled to serve later.

Makes 6 cups (1.5 L)

- ½ cup (125 ml) fat-free plain yogurt, strained to yield ¼ cup (50 ml)*
- ½ cup (125 ml) lowfat mayonnaise
- 1½ tablespoons (25 ml) fresh lemon juice or white balsamic vinegar
- 2 teaspoons (10 ml) Dijon-style mustard
- 2 teaspoons (10 ml) dill weed (dry, double if using fresh)
- 1 teaspoon (5 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground black pepper
- 3 "Almost" Baked Potatoes, still warm
- 1 rib celery, thinly sliced
- ⅓ cup (75 ml) finely chopped red onion

Place the strained yogurt, mayonnaise, lemon juice, mustard, dill, salt, and pepper in the work bowl of the Cuisinart® Food Processor fitted with metal blade. Process until blended and smooth, 20 seconds.

Cut the potatoes into bite-sized pieces, including the skins. Place in a large bowl with celery and onions. Toss to combine. Add yogurt/mayonnaise mixture. Stir to coat potatoes. Serve warm, or cover and refrigerate until ready to serve.

*To strain yogurt, place in yogurt strainer or fine sieve lined with a paper coffee filter. Place over bowl and allow the whey to drain out; the yogurt will thicken and may be used as a spread or in dressings without being watery.

Nutritional information per ½-cup (125 ml) serving:
Calories 178 (22% from fat) • carb. 32g • pro. 4g • fat 4g • sat. fat 1g • chol. 5mg • sod. 266mg • calc. 42mg • fiber 3g

Party Potatoes

Makes 8 servings

- 2 pounds (1 kg) russet potatoes, peeled and cut into 2-inch (5 cm) pieces
- 1½ teaspoons (7 ml) kosher salt, divided
- 2 tablespoons (30 ml) unsalted butter
- 1 medium onion, peeled and chopped
- ¼ teaspoon (1 ml) freshly ground pepper
- ⅔ cup (150 ml) lowfat sour cream
- 6 ounces (170 g) lowfat cream cheese, cut into 1-inch (2.5 cm) pieces
- 1 clove garlic, peeled and minced
- cooking spray

In a Cuisinart® 3¾-quart (3.5 L) saucepan, cover the potatoes with cold water; add 1 teaspoon (5 ml) salt. Cook over medium-high heat until tender, drain well and place in large mixing bowl.

While the potatoes are boiling, prepare the onions for topping. Melt butter in a 12-inch (30 cm) Cuisinart® skillet. Cook onion, stirring occasionally, until reduced and very lightly browned. Season with remaining salt and pepper. Transfer to large mixing bowl.

Beat potatoes with a Cuisinart® SmartPower® Hand Mixer, starting on low speed. Add sour cream, cream cheese and minced garlic. Turn mixer to medium high; beat until smooth and slightly fluffy. Cut a piece of aluminum foil about 24 inches (61 cm) long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches (61 cm) in length and 2 inches (5 cm) wide to make a "cradle"; reserve.

Spray the bottom and sides of a 1-quart (0.9 L) soufflé dish with cooking spray. Fill with potato mixture. Top with onions. Set the dish in the centre of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Place the rack into ceramic pot of a Cuisinart® Slow Cooker. Place soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack.

Cover and press the On/Off button to turn the unit on. Set time to 5 hours and press Low. Slow Cooker will automatically switch to Warm until ready to serve. Potatoes will be puffed and onions browned. Remove the soufflé dish from the slow cooker using the foil strips to lift it.

Nutritional information per serving:
Calories 263 (26% from fat) • carb. 42g • pro. 7g • fat 8g • sat. fat 5g • chol. 20mg • sod. 527mg • calc. 91mg • fiber 3g

Corn Pudding

Makes 6 to 8 servings

	cooking spray
2	teaspoons (10 ml) unsalted butter
½	cup (125 ml) chopped onion (about one small onion)
3	cups (750 ml) cut corn, fresh or frozen, thawed and patted dry, divided
3	large eggs
1½	cups (375 ml) evaporated fat free milk, not reconstituted
3	tablespoons (45 ml) yellow cornmeal
¾	teaspoon (3.75 ml) salt
¾	teaspoon (3.75 ml) freshly ground pepper to taste
2-4	drops hot sauce
1	quart (0.9 L) very hot water

Lightly coat a 1-quart (0.9 L) soufflé dish with cooking spray; set aside. Cut a piece of aluminum foil about 24 inches (61 cm) long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches (61 cm) in length and 2 inches (5 cm) wide to make a "cradle" and reserve.

Melt butter in a Cuisinart® 10-inch (25 cm) skillet over medium high heat. Add onion. Cook, stirring about 5 minutes (until translucent). Reserve.

Place 1½ cups (375 ml) of corn into work bowl of a Cuisinart® Food Processor. Pulse four or five times, to chop corn roughly. Add eggs, evaporated milk and onion; pulse until mixed. Place the remaining 1½ cups (375 ml) corn in a 1½-quart (1.4 L) mixing bowl; sprinkle with cornmeal. Add chopped corn mixture. Stir until just mixed. Season with salt, pepper and hot sauce to taste. Transfer to prepared soufflé dish. Set the dish in the centre of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place small rack in ceramic pot of a Cuisinart® Slow Cooker. Add hot water to pot. Place filled soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Cover and press the On/Off button to turn the unit on. Set time to 3½ hours and press Low; Slow Cooker will automatically switch to Warm. Casserole will be puffed and golden. Remove the soufflé dish from the slow cooker using the foil strips to lift it.

Note: You may prepare the Corn Pudding using a blender rather than a food processor.

Nutritional information per serving (based on 8 servings):
Calories 174 (23% from fat) • carb. 24g • pro. 10g • fat 5g • sat. fat 2g
• chol. 109mg • sod. 410mg • calc. 200mg • fiber 2g

Ratatouille

Makes 6 cups (1.5 L)

12	ounces (340 g) eggplant, cut into ½-inch (1.25 cm) dice
1	teaspoon (5 ml) kosher salt, divided
¾	pound (375 g) zucchini, cut into ½-inch (1.25 cm) half moons
¾	pound (375 g) yellow summer squash, cut into ½-inch (1.25 cm) dice
1	small red bell pepper, cored, seeded and cut into ½-inch (1.25 cm) dice
1	small yellow pepper, cored, seeded and cut into ½-inch (1.25 cm) dice
1½-2	cups (375-500 ml) diced tomatoes, fresh or canned, juices drained
½	cup (125 ml) tomato purée (salt-free if available)
1	cup (250 ml) chopped onion
1	tablespoon (15 ml) chopped garlic
¼	cup (50 ml) sun-dried tomatoes, not oil-packed, cut into slivers
2	tablespoons (30 ml) chopped fresh parsley
1	teaspoon (5 ml) dried basil
1	teaspoon (5 ml) herbs de Provence
½	teaspoon (2 ml) freshly ground pepper
2	tablespoons (30 ml) extra virgin olive oil

Place eggplant in a colander over a plate or in the sink. Sprinkle with ½ teaspoon (2 ml) salt; toss to combine. Let rest at least 45 minutes. Rinse well to remove salt; dry thoroughly with a towel.

Combine eggplant, zucchini, yellow squash, peppers, tomatoes, tomato purée, onions, garlic, sun-dried tomatoes, parsley, basil, herbes de Provence, and pepper in the ceramic pot of a Cuisinart® Slow Cooker. Drizzle with olive oil. Cover and press the On/Off button to turn the unit on. Set time to 5 hours and press Low; Slow Cooker will automatically switch to Warm until ready to serve.

Nutritional information per ¾-cup (175 ml) serving:
Calories 92 (24% from fat) • carb. 17g • pro. 3g • fat 3g • sat. fat 0g
• chol. 0mg . sod. 287mg • calc. 50mg • fiber 5g

Roasted Beet Salad

Makes 6 servings

- 2 pounds (907 g) fresh beets
- 2 tablespoons (30 ml) white balsamic vinegar or fruit flavoured vinegar
- ½ teaspoon (2 ml) Dijon-style mustard
- ¼ teaspoon (1 ml) kosher salt
- ⅛ teaspoon (0.6 ml) freshly ground pepper
- 3 tablespoons (45 ml) vegetable oil
- 1½ tablespoons (22.5 ml) walnut oil
- 1 bunch watercress, washed, dried, tough stems removed
- 1 head of endive, cut into ¼-inch (0.6 cm) pieces on the diagonal
- ½ cup (250 ml) shelled white pistachios, lightly salted

Remove stems and leaves from beets, leaving about 2 inches (5 cm) of stem. Scrub beets well to remove dirt. Place beets on cooking rack in ceramic pot of Cuisinart® Slow Cooker. Cover and press the On/Off button to turn the unit on. Set time to 2½ hours and press High. Once beets are cooked through, remove to cool. Turn off Slow Cooker.

Once beets are cool enough to handle, rub each with a paper towel to remove the skins. (Beets may be sliced or diced and served warm at this point.) Cool/chill whole beets while preparing salad. Place vinegar, mustard, salt, and pepper in a small bowl. Whisk to emulsify. Add the oils in a slow, steady stream while whisking, and continue whisking to emulsify; reserve. (The dressing may also be prepared in a food processor or blender.) Cut cooled beets into ½-inch (1.25 cm) cubes; reserve. Place a wide layer of watercress on a large serving platter. Next, make a narrower layer of endive slices. Top with a mound of beets. Sprinkle with pistachios. Drizzle with vinaigrette.

Note: Salad may also be composed on 8 individual plates.

Nutritional information per serving:
Calories 236 (52% from fat) • carb. 24g • pro. 6g • fat 15g • sat. fat 2g • chol. 0mg • sod. 575mg • calc. 122mg • fiber 8g

Succotash

Makes about 6 servings

- 1 pound (500 g) fresh or frozen (thawed) cut sweet corn
- 10 ounces (283 g) lima beans, thawed
- ½ pound (250 g) zucchini, cut into 1-inch (2.5 cm) pieces
- ½ red pepper, (8 ounce [227 g]) cored, seeded and diced into ½-inch (1.25 cm) pieces
- ½ cup (125 ml) chopped onion
- 1 can (14 ounces [397 g]) diced tomatoes, drained, ¼ cup (50 ml) juice reserved
- ½ tablespoon (7 ml) instant tapioca
- ½ teaspoon (2 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground pepper
- ¼ teaspoon (1 ml) thyme

Combine ingredients with reserved tomato juice in ceramic pot of Cuisinart® Slow Cooker.

Cover and press the On/Off button to turn the unit on. Set time to 5 hours and press Low; Slow Cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:
Calories 179 (5% from fat) • carb. 39g • pro. 8g • fat 1g • sat. fat 0g • chol. 0mg • sod. 272mg • calc. 43mg • fiber 7g

Sweet Potatoes & Apples

Makes 10 servings

- 2 pounds (1 kg) sweet potatoes, peeled and cut into ¼-inch (0.6 cm) slices
- 3 tablespoons (45 ml) unsalted butter, melted
- ¾ teaspoon (3.75 ml) herbs de Provence, divided
- ¾ teaspoon (3.75 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground pepper
- cooking spray
- 1 red-skinned apple, skin on, cored and cut into ¼-inch (0.6 cm) slices
- 1 small onion, peeled, quartered and cut into ¼-inch (0.6 cm) slices
- ¾ cup (175 ml) vegetable or chicken stock

In a large bowl, toss potatoes with melted butter; season with herbes de Provence, salt and pepper. Combine apple and onion in another bowl.

Lightly coat the interior of ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the potatoes, make a single layer around the bottom of the Slow Cooker. Top with ½ the apple and onion mixture. Make a second layer with ⅓ of the potatoes; top with remaining apples and onions. Finish with remaining potatoes. Pour stock over casserole.

Cover and press the On/Off button to turn the unit on. Set time to 4 hours and press Low; Slow Cooker will automatically switch to Warm until ready to serve.

Nutritional information per ¾-cup (175 ml) serving:
Calories 305 (19% from fat) • carb. 60g • pro. 3g • fat 6g • sat. fat 4g • chol. 16mg • sod. 245mg • calc. 40mg • fiber 9g

Vegetable Tian

Makes 8 servings

- 8 ounces (227 g) fresh breadcrumbs
- ½ cup (125 ml) parsley leaves, chopped
- 2 garlic cloves, peeled and chopped
- ½ ounce (15 ml) Parmesan cheese, grated
- 2 tablespoons (30 ml) extra virgin olive oil
- 1 tablespoon (15 ml) unsalted butter, melted
- 1 teaspoon (5 ml) dried thyme
- 1 teaspoon (5 ml) dried oregano
- 1 teaspoon (5 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground pepper
- 1 pound (340 g) all-purpose potatoes in their skins, washed, cut into ⅛-inch (0.3 cm) slices
- 1 large zucchini (1 pound [500 g] total), cut into ⅛ -inch (0.3 cm) slices
- ¾ pound (375 g) Italian plum tomatoes, cut into ⅛-inch (0.3 cm) slices
- cooking spray

To make seasoned breadcrumbs, combine parsley, garlic, Parmesan, olive oil, and butter in a medium bowl. Stir to blend and coat crumbs with oil and butter; reserve.

Combine thyme, oregano, salt and pepper in a small bowl; reserve.

Pat dry excess liquid from tomatoes with paper towel.

Lightly coat the interior of ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Distribute half the crumb mixture on bottom. Arrange potatoes in a circular layer. Season with half the herb mixture. Repeat layering with zucchini, herbs, tomatoes and finally, top with remaining breadcrumb mixture.

Cover and press the On/Off button to turn the unit on. Set time to 6 hours and press Low; Slow Cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:
Calories 200 (29% from fat) • carb. 31g • pro. 6g • fat 7g • sat. fat 2g • chol. 6mg • sod. 347mg • calc. 76mg • fiber 3g

Ginger Poached Pears

No time to fuss with dessert – here is one to fix and forget.
Served chilled it is an easy, do-ahead dessert that is healthy too.

Makes 4 servings

- juice of 1 lemon
- 1 can ginger ale
- 2 strips lemon peel, 2 x ½" (5 x 1.25 cm), bitter white pith removed
- 6 slices (size of a quarter) fresh ginger
- 4 medium pears (Bartlett, Anjou, or Bosc), slightly underripe, but fragrant – with stems
- 2 tablespoons (30 ml) chopped crystallized ginger
- Honey Yogurt Cream (page 54)

Combine lemon juice and 4 cups (1 L) water in a medium bowl. Place the ginger ale, lemon peel, and fresh ginger in the ceramic pot of the Cuisinart® Slow Cooker; stir. Peel the pears, leaving the stem intact; cut a thin slice from the bottom of each pear so that it stands upright. As each pear is peeled, dip into the lemon water to prevent darkening and stand it in the ginger liquid in the Slow Cooker.

Cover and press the On/Off button to turn the unit on. Set time to 4 hours and press Low. When pears are tender, turn Slow Cooker off. Allow pears to cool in poaching liquid. Chill in liquid. (If desired, before serving, liquid may be thickened to a syrup-like consistency by simmering until it is reduced by half.)

To serve, arrange each pear on a deep plate (rimmed soup bowl works well). Spoon poaching liquid over pears. Garnish with a dollop of Honey Yogurt Cream and sprinkle with chopped crystallized ginger.

Nutritional information per serving:
Calories 174 (5% from fat) • carb. 44g .• pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 14mg • calc. 43mg • fiber 5g

Honey Yogurt Cream

Makes about 1 cup (250 ml)

- 4 ounces (115 g) fat free vanilla yogurt
- 4 ounces (115 g) light sour cream
- 2 tablespoons (30 ml) honey
- 1 teaspoon (5 ml) vanilla extract
- ¼ teaspoon (1 ml) almond extract

Place vanilla yogurt in a yogurt strainer or strainer lined with a coffee filter. Let drain for 2 hours to remove whey; discard whey. Place strained yogurt, sour cream, honey, and extracts in a medium bowl. Whisk until smooth and blended. Keep refrigerated until ready to use.

Nutritional information (per 2-tablespoon [30 ml] serving):
Calories 73 (21% from fat) • carb. 12g • pro. 3g • fat 2g • sat. fat 1g
• chol. 10mg • sod. 47mg • calc. 81mg • fiber 0g

Chocolate Glaze

Makes about 1 cup (250 ml)

- 6 ounces (170 g) semisweet chocolate
- ¼ cup (50 ml) unsalted butter
- 2 tablespoons (30 ml) light corn syrup

Combine the ingredients in a 1½-quart (1.4 L) Cuisinart® saucepan. Stir over low heat until melted and smooth. Let cool 10 minutes before using.

Nutritional information per 1-tablespoon (15 ml) serving:
Calories 87 (64% from fat) • carb. 89g • pro 0g • fat 7g • sat. fat 4g
• chol. 8mg • sod. 4mg • calc. 4mg • fiber 0g

Stewed Rhubarb

Makes 4 cups (1 L)

2	pounds (1 kg) fresh rhubarb stalks, washed and dried	1	cup (250 ml) granulated sugar

Slice rhubarb ¼ to ½-inch (1.25 to 2.5 cm) thick. Place rhbarb in the ceramic pot of the Cuisinart® Slow Cooker and stir in the sugar. Let at room temperature for 1 to 2 hours, until the rhubarb gives up liquid. Press the On/Off button to turn unit on. Set time to 5 hours and press Low; Slow Cooker will automatically switch to Warm when cooking time is elapsed.

Transfer to resealable containers and refrigerate until ready to use. Use to top oatmeal or as a topping for vaanilla ice cream.

Nutritional information per serving [1 cup (250 ml)]:
Calories 120 (2% from fat) • carb. 30g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 5mg • calc. 98mg • fiber 2g

Chocolate Ricotta Cheesecake

Makes one 6-inch (15 cm) cheesecake

½	teaspoon (2 ml) + 2 tablespoons (30 ml) butter, divided	¼	cup (50 ml) unsweetened cocoa powder
¼	cup (50 ml) hazelnuts, lightly toasted, finely chopped	2	large eggs
⅔	cup (150 ml) chocolate cookie crumbs	3	tablespoons (45 ml) half-and-half
1	cup (250 ml) lowfat ricotta	¼	cup (50 ml) Frangelico
12	ounces (340 g) lowfat cream cheese	2	tablespoons (30 ml) cornstarch
½	cup (125 ml) granulated sugar	1	teaspoon (5 ml) vanilla
		½	cup (125 ml) mini chocolate morsels

Lightly coat the bottom and sides of a 6-inch (15 cm) springform pan with ½ teaspoon (2 ml) butter.

Combine remaining butter, chopped nuts and cookie crumbs. Press crust mixture into bottom of springform pan.

Place ricotta, cream cheese, sugar and cocoa in work bowl and process 30 seconds; scrape sides and bottom of work bowl. Process another 30 seconds; scrape work bowl. Add eggs and process 20 seconds; scrape work bowl. Add Frangelico, cornstarch and vanilla; process 20 seconds (or mix using a hand-held electric mixer). Pour into pan, sprinkle with chocolate morsels and swirl into batter.

Place the rack in the ceramic pot of the Cuisinart® Slow Cooker. Place the springform pan on the rack and cover. Turn the temperature setting to High and cook the cheesecake for 2 hours.Turn off. Let cheesecake rest in slow cooker for 30 minutes.

Lift the cheesecake from the Slow Cooker using hot pads and place on a wire rack to cool completely. When cool, place in the refrigerator for at least 8 hours before serving.

Nutritional information per serving (based on 8 slices):
Calories 366 (57% from fat) • carb. 27g • pro. 12g • fat 24g • sat. fat 11g
• chol. 89mg • sod. 411mg • calc. 210mg • fiber 4g

Applesauce

Makes about 5 cups (1.25 L)

3	pounds (1.5 kg) red apples*, washed		sugar, optional
1	lemon, juiced		cinnamon, optional

Core apples, but do not peel. Cut into 2-inch (5 cm) chunks. Mix lemon juice with enough water to make 1 cup (250 ml).

Add the apples and water mixture to Cuisinart® Slow Cooker. Cover and press the On/Off button to turn the unit on. Set time to 4 hours and press Low; Slow Cooker will automatically switch to Warm until ready to serve.

Use a potato masher to smash apples for a chunky applesauce, or purée the apple mixture in ceramic pot using a hand blender. Use a gentle up and down motion, moving the hand blender throughout the ceramic pot – do not lift completely out of the applesauce while blending. Season with sugar and/or cinnamon if desired.

*Some apples are more appropriate for applesauce. You may use all of one variety or mix to create your own blends. They may be peeled or not. For applesauce, try the following red varieties: McIntosh (blended with others), Elstar, Cortland, Fuji, Gala, Braeburn, Cameo, Criterion, Rome, Sierra Beauty, Spartan, Winesap, and York Imperial. Green varieties good for applesauce include Pippin and Gravenstein – they should be peeled first.

Nutritional information per ½-cup (125 ml) serving:
Calories 98 (5% from fat) • carb. 25g • pro.1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 2g • calc. 10mg • fiber 4g

Note: To make Apple Butter from Apple Sauce, stir 1½ cups (375 ml) packed brown sugar into puréed Apple Sauce in Slow Cooker, along with 1 tablespoon (15 ml) ground cinnamon, 1 teaspoon (5 ml) ground allspice, 1 teaspoon (5 ml) freshly grated nutmeg, and ½ teaspoon (2 ml) ground cloves. Cook on Low without covering for 1 to 3 hours (time will depend on moisture of apples), until mixture is thick. Cool and place in jars to store in refrigerator.

Apricot Almond Bread Pudding

Makes 6 to 8 servings (1 quart [0.9 L])

1½	ounces (43 g) dried apricots, diced	¼	cup (50 ml) sliced almonds, toasted
2	tablespoons (30 ml) Kirschwasser, brandy or amaretto	2	large eggs
1	teaspoon (5 ml) unsalted butter	⅓	cup (75 ml) granulated sugar
1½	tablespoons (25 ml) unsalted butter, melted, divided	6	ounces (170 g) fat free evaporated milk
3	cups (750 ml) bread, cut into ½-inch (1.25 cm) cubes	¾	teaspoon (3.75 ml) vanilla
		3	cups (750 ml) very hot water

Soak apricots in Kirsch for ½ hour; drain and reserve liquor. Cut a piece of aluminum foil 20 inches (51 cm) long, and fold in half to a piece 10" (25 cm) long. Lightly butter one side with ¼ teaspoon (1 ml) unsalted butter; reserve. Cut another piece of aluminum foil about 24 inches (61 cm) long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches (61 cm) in length and 2 inches (5 cm) wide to make a "cradle"; reserve.

Coat the inside of a 1-quart (0.9 L) soufflé dish with remaining ¾ teaspoon (3.75 ml) unsalted butter. Layer ½ of the bread cubes on the bottom. Sprinkle with half the apricots and half the almonds. Drizzle with half the melted butter. Repeat. Pour remaining melted butter over top. Beat eggs and sugar until thick, using a Cuisinart® SmartPower® Hand Mixer on low speed. Add milk, vanilla and reserved Kirsch; mix thoroughly.

Pour egg mixture over bread layers. Cover with the buttered foil. Secure tightly with kitchen twine. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Place the rack in the ceramic pot of a Cuisinart® Slow Cooker. Set soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Carefully pour hot water in bottom of ceramic insert. Cover and press the On/Off button to turn the unit on. Set time to 3 hours and press Low. Remove the soufflé dish from the slow cooker using the foil strips to lift it. Cool completely on a wire rack.

Note: You may substitute dried cherries for the dried apricots for a Cherry Vanilla Bread Pudding.

Nutritional information per serving (based on 8 servings):
Calories 415 (29% from fat) • carb. 58g • pro. 13g • fat 14g • sat. fat 5g
• chol. 95mg • sod. 356mg • calc. 212mg • fiber 2g

Chocolate Pudding Cake

Makes 8 to 10 servings

- 1 teaspoon (5 ml) unsalted butter, room temperature
- ¾ cup (175 ml) granulated sugar, divided
- ¾ cup (175 ml) all-purpose flour
- 5 tablespoons (75 ml) unsweetened cocoa powder, divided
- 1½ teaspoons (7 ml) baking powder
- ¼ teaspoon (1 ml) salt
- ⅓ cup (75 ml) + 1 tablespoon (15 ml) reduced fat milk, hot
- ¼ cup (50 ml) unsalted butter, melted
- 1 teaspoon (5 ml) vanilla extract
- ⅓ cup (75 ml) packed light brown sugar
- ⅓ cup (75 ml) chopped pecans, lightly toasted
- ¾ teaspoon (175 ml) espresso powder
- 1 cup (250 ml) hot water
- 2 tablespoons (30 ml) Kirschwasser (cherry-flavoured liqueur) or Kahlúa®
- vanilla ice cream or frozen yogurt

Lightly coat a 1-quart (0.9 L) soufflé dish with teaspoon butter. Cut a piece of aluminum foil about 24 inches (61 cm) long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches (61 cm) in length and 2 inches (5 cm) wide to make a "cradle"; reserve.

Combine ½ cup (125 ml) granulated sugar in large bowl with the flour, 2 tablespoons (30 ml) cocoa, baking powder and salt. Add hot milk, melted butter, and vanilla. Using a Cuisinart® SmartPower® Hand Mixer on low speed, beat until smooth. Spread into prepared soufflé dish.

Stir together remaining ¼ cup (50 ml) granulated sugar, brown sugar, remaining 3 tablespoons (45 ml) cocoa and toasted pecans in small bowl; sprinkle mixture evenly over batter. Combine hot water and Kirschwasser; pour over batter. Do not stir. Set the dish in the centre of the long strip of folded foil and bring up the sides to meet – twist together to form a handle. Insert rack in the ceramic pot of a Cuisinart® Slow Cooker. Place soufflé dish on rack, using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack.Cover and press the On/Off button to turn the unit on. Set time to 3 hours and press High; Slow Cooker will automatically switch to Warm. Let stand for 30 minutes before serving. Remove the soufflé dish from the slow cooker using the foil strips to lift it up. Serve warm or chilled in dessert dishes, spooning both cake and pudding-like mixture on bottom into the dish. Add a scoop of vanilla ice cream or frozen yogurt, if desired.

Nutritional information per serving (based on 8 servings):
Calories 394 (30%) from fat • carb. 65g • pro. 4g • fat 14g • sat. fat 6g • chol. 23mg • sod. 147 mg • calc. 46mg • fiber 3g

Kahlúa® is a registered trademark of the Kahluá Company.

Winter Fruit Crisp

Makes 8 to 12 servings (6 cups [1.5 L])

Fruit

- cooking spray
- 6 ounces (170 g) mixed dried fruits (apples, pears, apricots, dried plums)
- 2 large Golden Delicious apples, peeled, cored and cut into 1/8-inch (0.3 cm) squares
- 2 Bosc pears, peeled, cored and cut into 1/8-inch (0.3 cm) squares
- ¾ cup (175 ml) dried cranberries
- 1 whole cinnamon stick
- grated zest of one orange
- ½ cup (125 ml) sugar
- 1 tablespoon (15 ml) chopped crystallized ginger or 1 teaspoon (5 ml) ground ginger
- ½ teaspoon (2 ml) freshly grated nutmeg
- ¾ tablespoon (11 ml) dark rum or brandy
- 1 teaspoon (5 ml) pure vanilla extract

Crumb Topping

- 1 cup (250 ml) all-purpose flour
- 1 cup (250 ml) uncooked oats, quick or regular
- ¾ cup (175 ml) packed brown sugar
- ½ teaspoon (2 ml) freshly grated nutmeg
- 12 tablespoons (180 ml) unsalted butter, softened (1½ sticks)

Lightly coat the interior of the ceramic pot of a Cuisinart® Slow Cooker with cooking spray. Cut any large pieces of dried fruit into 1- to 2-inch (2.5-5 cm) pieces; place in prepared Slow Cooker. Add dried fruits, apples, pears and cranberries; stir gently. Add cinnamon, orange zest, sugar, ginger, nutmeg, rum and vanilla; stir gently to combine.

Place the flour, oats, brown sugar, and nutmeg in a medium bowl; stir. Add the butter and knead, using fingers, until the mixture resembles large crumbs. Sprinkle this crumb topping over fruit, patting it down lightly.

Cover and press the On/Off button to turn the unit on. Set time to 4 hours and press Low; Slow Cooker will automatically switch to Warm. When done, fruits will be tender and bubbling and topping will be lightly browned.

Serve warm with ice cream or frozen yogurt.

Nutritional information per serving (based on 12 servings):
Calories 371 (29% from fat) • carb. 64g • pro. 3g • fat 13g • sat. fat 7g • chol. 31mg • sod. 14mg • calc. 38mg • fiber 5g

Notes

WARRANTY
LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on this Cuisinart® product. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® product that was purchased at retail for personal, family or household use. This warranty is not available to retailers or other commercial purchasers or owners.

We warrant that this Cuisinart® product will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

For warranty purposes, we would like to suggest that you register your product on-line at www.cuisinart.ca to facilitate verification of the date of original purchase. However, should you not wish to register on-line we recommend the consumer to maintain original receipt indicating proof of purchase. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

When calling our Authorized Service Centre for in warranty service please make reference to your model number and the manufacturing date code. This information can be found in the rating area on the body or underneath the base of your unit. The model number will follow the word Model: PSC400C. The manufacturing date code is a 4 or 5 digit number. Example, 70630 would designate year, month & day (2007, June 30th).

If your Cuisinart® product should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Centre toll-free at 1-800-472-7606 or write to:

Cuisinart Canada
100 Conair Parkway
Woodbridge, ON L4H 0L2

To facilitate the speed and accuracy of your return, please also enclose $10.00 for shipping and handling of the product. Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by cheque or money order.

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